

NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

October 2017, Vol. 1 Issue 10



October

*A Note from: Annmary I. Connor, LICSW
Director of Elder Services*

Andover Elder Services is hopping this month. The newsletter is packed, and we hope you read through all the details to see what is happening.

We currently have five student interns supporting the Senior Center. We are expanding services and resources. You will see the Friendly Visitor and Community Tele-Check programs starting to roll out. These programs support our home bound seniors. We welcome our interns: Jen, Kayla, Emma, Arianna and Emily.

The COA Board did extensive reflection on the values we feel emulate the Andover Elder Services. On page 14, you will see a section on values. We will have these displayed in the lobby. As a board and a staff, we will put forth these values. We ask you to join us in demonstrating the Values of: Diversity, Innovation, Integrity, Respect and Wisdom.

I would like to congratulate Shawna McCloskey, our transportation coordinator, on obtaining her Social Work License in September. Shawna is a valued member of our team, and I am proud of her accomplishment. I have recently celebrated my one year work anniversary here in Andover. I am truly grateful for everyone's support in the success we have shared. I would like to extend my deep gratitude to the amazing staff here at Andover Elder Services. Their tireless efforts are appreciated. As a team, we continue to serve Andover in the most amazing capacity. Thank you!

*The Senior
Center at
Punchard
Growing together*

Mission Statement:

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.



Taste of Andover at Town Market

Tuesday, October 10th; 4 pm to 6 pm
Tickets \$15 · Please purchase by October 6th at the Center
Location: 429 South Main St, Andover, MA 01810
Enjoy Appetizers, Wine Tasting and Friendship



Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlett Street, Andover, MA 01810

Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

Andover Motorcyclist

MONDAY OCTOBER 2ND OR FRIDAY OCTOBER 6TH 9am to 11am . Join this new group and go out for some wind therapy on a mystery ride. We ask that you sign up 4 days in advance. Weather permitting. There is a \$5 suggested donation to go on these mystery rides, bring a friend, make some new friends.



Council on Aging Board Meeting

Thursday, October 12; 8:30 am

Meets at 8:30 am on the second Thursday each month. All are Welcome! The Council can be reached via email at: first.last@andoverma.us

TRIAD Program

Thursday, October 12; 10 am

Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programming.

Friday Speaker Series

Friday, October 13; 8:30 am; \$4.00

Richard Davis, Andover resident, Green Burial advocate, Death Café facilitator, and hospice volunteer.

From the Civil War through today, American funeral practices have evolved into a highly formalized, cost intensive, and environmentally challenging industry. Green burials can provide a meaningful, economical, and aesthetic means for honoring the dead and providing families and friends with a new (yet traditional) framework for funeral customs and practices. Join Richard for a video presentation and discussion of 'green burial' – a natural, environmentally responsible means of honoring both the dead and the living.

Lunch & Tour Salem Woods

Friday, October 13; 10:30 am

Bus will leave at 10:30 am, Please call to sign up for this FREE event!

Fix it Shop

Monday, October 16; 1:00 pm & Monday, October 30; 1:00 pm

Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot. Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee.

"Preventing Alzheimer's Disease-the daily diet approach"

Saturday :

October 14th at 11 am

By,

Charles Wang

FREE

Andover Fire Rescue

Open House

Saturday, October 14th

10 am to 1 pm

@ 32 North Main St.

Open House at

Riverside Woods

Saturday, October 14

1 pm to 3 pm.

FREE @ 459 River Road



The
Andover
Council on Aging
presents
a participatory
program by
Parents' Choice
Award winning
singer & storyteller
Davis Bates

Halloween Harvest

Seasonal Songs & Stories

Saturday, November 4

12:30 pm



The Center at Punchard

36 Bartlett St., Andover, MA



Funded, in part, by a grant from the Andover Cultural Council, a local agency supported by the Massachusetts Cultural Council. For information call (978) 623-8320.

Chinese

本中心的《英文月报》
(News & Views) 另附有《中文简讯》，而且
都将分送到您的住处；您
也可在本中心网站查阅，
或者电邮给您。

若需电邮，请把邮址传给
Chris 女士，登记索要
《中文简讯》，即

email to: chris.marshall@andoverma.us Translation of
above statement. We offer a
brief summary of our monthly
newsletter for you in Chinese.
These will be distributed to
housing, on our web site or if
you would like we can email
them to you. Please give your
email to Chris Marshall
chris.marshall@andoverma.us
to sign up for the Chinese
summary. Thank you.

SCRPT

If you have signed up for
SCRPT this year you
should have been
contacted. If you have
not, please call Andrea.

Decorating Committee

Do you love to decorate? We
are looking for help
decorating the center at the
beginning of each month for
all of the upcoming holidays!
See Noelle for more info.

Special Monthly Events

Computer Users' Group

Monday, October 16; 1:30 pm at MHL

This group meets the second Monday of the month at Memorial Hall Library at 1:30 pm from September until June. Back by popular demand, in October we will be talking about features of the Windows 10 operating system. Many people have acquired new computers with this operating system., so we will go over some of the changes from previous versions and show off some of the new tricks that have been added.

A Matter of Balance - Sponsored By Elder Services of the Merrimack Valley

Monday, October 16th –December 4, 2017; 2:30 pm – 4:30 pm

Many older adults experience concerns about falling that restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. We will learn to view falls as controllable, set goals for increasing activity, make changes to reduce the risk of falling, and exercise to increase strength and balance. Limited spaces – sign up with the front desk!

Death Cafe

Wednesday, October 18th; 1:00 pm SHARP

Join us at the Center at Punchard's first Death Cafe - an afternoon of open, lively, and insightful discussion about death. While not a support group nor a venue for bereavement, a Death Cafe seeks to provide an unscripted, non-judgmental platform for those wishing to explore the many facets of this often taboo subject. Come with an open mind, a healthy curiosity, and a willingness to share your thoughts, feelings, and questions with other like-minded individuals. No lectures, no agenda - this is a relaxed and safe space to talk or just listen - friendly, informative, and intimate. Hosted by Andover resident, Death Café facilitator, hospice volunteer, and Green Burial advocate Richard Davis. Seating is limited - please pre-register at 978-623-8320.

Happy Birthday to You!

Friday, October 20; 11:45 am; third Friday of every month. This event is open to everyone. This is part of the congregate lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know at the front desk if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy entertainment from Sara Murray & Vern Thomas! A wonderful harmonica and piano duet courtesy of the Andover Senior Community FRIENDS Inc. You won't want to miss this show!

Ask the Lawyer - Legal Clinic

Monday, October 23; 10:00 am

Local attorney, Kim Butler Rainen is holding office hours for one-on-one consultations (approximately 10-15 minutes each) to answer basic legal questions and refer our seniors to the appropriate resources. First come, first serve on the day of the clinic; however, ADVANCE REGISTRATION IS REQUIRED. Call 978-623-8320 to pre-register.

Special Monthly Events

DO YOU WANT TO PLAY CARDS or other board games?

Join other like-minded, fun-loving folks to put together a table to play a variety of games. Or if you know a game and want to teach (like canasta?) let us know and we'd love to help you organize a group. Afternoons Tuesday – Friday and some mornings. Contact Zeff M. for details at the Center.

Chinese American Association of Andovers and the Elder Services of Town of Andover are proud to host Friday evening's activities in the month of July. The activity will be including Zumba, Yoga, Pingpong, board/card/Mah Jong games, other socializing activities. Free of charge and all are welcome. Fridays 6:30pm - 9:30pm

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，棋牌，麻将和其它社交。活动免费，欢迎光临。

时间：星期五晚上6:30-9:30

地点：The Center at Punchard, 30 Whittier Court, Andover, MA 01810

Drop in Groups

Craft Corner: Thursdays; 9:30 am

Fiber Arts: Wednesdays; 10 am

Fun and Games– Tuesdays thru Fridays; 1 - 4 pm

Knit Purl Repeat! You Can Knit Too: Lessons on Wednesdays at 1 pm

Knit Wits: Wednesdays at 1 pm

Mindfulness Meditation: Fridays from 3 - 3:30 pm

Model Building: Wednesdays at 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Come in out of the heat and enjoy popcorn and a cold drink!

Stop by the Center for the full listing of movies for September.

Open Studio Art: Wednesdays and Thursdays at 9:00 am

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

"SHOP" Sewing Group: Wednesdays at 9 am

Social Bridge: Tuesdays at 1 pm

Postage Stamps

Did you know that books of postage stamps are available at The Center at Punchard? Just stop by the front desk!



Executive Office of Elders Affairs
Secretary, Alice Bonner

MEDIA ADVISORY

Medicare Open Enrollment Deadline Is Here – SHINE Can Help Seniors Make Sense Of It All

Do **NOT** Ignore Your Medicare Mail...it's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. Please **read** this guide -- it explains changes in your plan for 2018.

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to **CHANGE** your plan for next year.

We can help make sense of the information. Trained [SHINE \(Serving the Health Insurance Needs of Everyone\)](#) counselors can help you understand your plan changes as well as other available options. Be sure you have coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. *Sign up soon!* Please [call](#) your senior center to get a SHINE appointment during Open Enrollment... or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. More info: www.800ageinfo.com

The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annmary I. Connor, LICSW

Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Noelle Kaelblein

Office Staff
Christine Marshall, Editor
Andrea Zaimes

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

Transportation/Intake
Shawna McCloskey
Carol Howe
George Perakis

Council on Aging Board
Meets at 8:30 am on the
2nd Thursday each Month
All are Welcome!
The Council can be reached
via email at:
first.last@andoverma.us

Kenneth DeBenedictis,
Chair
Margaret O'Connor, Vice
Chair
Kimberly Rainen, Secretary
Molly Bicking
Joan Fox
Tana Goldberg
Jane Gifun
Joseph Ponti
Thomas Rando

Center Hours
Monday - Friday
8 am - 5pm
Thursday Evenings for
BoomerVenture Campus
5 pm - 9 pm
Saturday 8a-3p
978-623-8320

web: [www.andoverma.gov/
seniorcenter](http://www.andoverma.gov/seniorcenter)

Health & Wellness

Did you know?

Massage Reflexology

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

Foot Care

Wednesday October 4th, October 18th, October 25—Call for an appointment

Bereavement Support Group

Thursday, October 5; 1:30 pm

To register please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion.

Parkinson's Support Group

Thursday, October 12; 1:30 pm

This group meets the second Thursday of the month, September through June; 1:30-3 pm at The Center. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. All are welcome.

Pain Management Support Group

Monday, October 16; 1:30 pm

This helpful group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN

Wellness Clinics

Wednesdays; 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

Memory Café

Monday, October 30; 1:00 pm Please contact Annmary or Linda for information on this fun and supportive group. Discussion is from Joe Gifun on Costa Rica.. Funded by the Department of Developmental Disabilities.

FUEL ASSISTANCE APPLICATIONS

Friday, November 3; 9 - 11 am; Greater Lawrence Community Action Council, Inc., will be here on for individual appointments. Appointments are mandatory and proof of income is required. First come, first served. Please register at the Front Desk or call the Senior Center – 978-623-8320

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Greater Lynn Senior Services, Inc. (GLSS) has special programs to help those adults (women & men) who are 50 years of age and older, who live in the North Shore area and who are, or have been abused by an intimate partner, adult child or grandchild. Our free services include education, support, advocacy, one-on-one confidential counseling, group counseling, legal assistance and other services to help you live independently and safely in the community. You are not alone. Let us help. Please call the Program Director, Katie Galenius, LICSW @ 781.586-8668



Health, Wellness, Fitness

Fall Session: August 21 – November 10

Registration Week: August 7 – 11

Breath, Balance and Body Wellness *Pat Dumont* **Class Full**

Tuesday, August 22 – November 7; 2 pm; **FREE this term only!** *** see below

Line Dancing : Instructor *Valerie Cagnina*

Tuesdays, August 22 – November 7; 2:15 pm; \$48

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm

Intermediate Challenges - 3 pm

Men and Women in Motion *Denise Boucher*

Tuesdays, August 22 – November 7; 8 am; \$45

Thursdays, August 24 – November 9; 8 am; \$45

Sit and Get Fit *Denise Boucher*

Tuesdays, August 22 – November 7; 10:15 am; \$45

Fridays, August 25 – November 3; 10:15 am; \$41.25

Strength Training *Wed: Pat Dumont; Fri: Barbara Maguire*

Wednesdays, August 23 - November 8; 8:00 am or 8:45 am; \$45

Fridays, August 25 – November 3; 8 am or 8:45 am; \$41.25

Strengthen and Stride *Tracy Callahan*

Tuesdays, August 22 – November 7; 9 am; \$45

Thursdays, August 24 – November 9; 9 am; \$45

Tai Chi Beginner *Meg Holmes*

Tuesdays, September 5 – November 7; 1:10 pm – 2:10 pm; students new to tai chi; \$37.50

Tai Chi Advanced Beginner *Meg Holmes*

Thursdays, September 7 – November 9; 2:15 pm – 3:15 pm; students have learned some of the forms; \$37.50

Tai Chi Intermediate *Meg Holmes*

Thursdays, September 7 g November 9; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; \$37.50

Tap Dancing Basic *Audrey Nason*

Wednesdays, August 23 - November 8; 9:35 am; \$42

Tap Dancing Performance *Audrey Nason*

Wednesdays, August 23 - November 8; 12:45 pm; \$42

Yoga Beginners *Pat Dumont*

Tuesdays, August 22 – November 7; 10:30 am; \$45

Yoga Advanced Beginners *Pat Dumont.* (some prior experience suggested for this gentle yoga practice) Wednesdays, August 23-November 8; 1:00 pm; \$45

ZUMBA **Class Full**

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only!** ***

*****FREE classes courtesy of the Andover Senior Community Friends**

No more out of town fees!

Fix it Shop

October 16 & 30 at 1 pm

Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot.

Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee.

ESL Classes

Mondays, August 17 – November 6; 1 pm; off-site at Frye Circle; Free

Nature Walks

Are scheduled Fridays at 9 am

SHINE

(Serving Health Information Needs of the Elderly)

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options.

Call The Center to schedule an appointment.

Medication and Syringe

Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Department at 978-475-0411.

Monday Fun Trips

10 am - 2 pm

\$10; sign up to reserve your seat on the bus

Monday, Oct 23rd North Reading

*It's always fun to go to
Walmart,
the Dollar Store, Marshalls,
and get some lunch!*

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities.

You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services.

Please stop by for information or call 978-469-6878

Brown Bag

Elder Services of the
Merrimack

Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month,

**October 24, 2017
at 9:15 am**

and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details & donation information.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

Daily Ride to The Center

Daily trip fees to The Center \$2 each way or \$4 round trip.

Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available.

Please call Carol at 978-623-8320 for transportation scheduling.

Senior Connections:

an engaging program creating meaningful days

Free Trial Day For New Senior Connections Participants:

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

Duplicate Bridge

Thursdays, August 24 – November 9; 1-4:30 pm; **Free – Donations welcomed**
Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

Rhythm-Aires

Mondays, August 21 – Monday November 6; 10:15 am; \$11

Sunrise Singers –Come and sing your heart out, no experience required!

Mondays, August 21 – Monday November 6; 9:00 am; \$22

Wood Carving

Mondays, 9 am; FREE

Model Building

Wednesdays, 9 am; FREE

Belly Dancing *Maggie Class*

Thursdays, September 14 – November 9; 6:00 – 7:00 pm **FREE** this session! 9 sessions

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

ZUMBA *Class Full*

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only! *****

*****FREE classes courtesy of the Andover Senior Community Friends**

Serenity Yoga *Sheila Wescott*

Thursday, September 14 – November 9; 7:15 – 8:30 pm; \$58.50; 9 sessions

Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

Energize with Exercise *Denise Boucher*

Monday, August 21 – November 6; 3:30 – 4:30 pm; \$55; 11 classes

Thursday, August 24 – November 9; 3:30 – 4:30 pm; \$66

Fun aerobics and weight training workout. Instructor Denise Boucher.

Reflexology with Uli Kapp

Call for an appointment as the schedule is limited during summer hours.

A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

Living Healthy Series

Thursday evenings; 5:30-7:00 pm; \$5 suggested donation. Light dinner at 5:30 with presentation at 6:00. Pre-registration requested by calling 978-623-8320. Join us for any or all of these cutting-edge presentations by local experts in each field.

- Thursday, October 5th; **7 Things you need to know as your loved one ages.** By Susan Gigliotti sponsored and provided by All Care VNA.
- Thursday, October 12th, Margaret O'Connor—Realtor— **“Getting the House Ready for Staging”**, **Tips for making your home stand out.** A. Simply things such as painting. B. Realtor Tips – ideas I have picked up through the years. C. Tips from a professional stager.
- Thursday, October 19th, Mark Skandier, Estate Planning
- Thursday, October 26th, Methuen Village – topic to follow

Some of our Fab Staff, from right

Carol Howe, Chris Marshall, Noelle Kaelbein,
Annmary Connor, Shawna McCloskey, Mary
McGettrick, Kristine Arakelian, Frank Melendez



Outdoor Adventures

Women's Outdoor Adventures

Stay Tuned! Our WOAG team is working on some exciting trips for October. Check back in with us!

Men's Outdoor Adventures

Wednesday, Oct 4th; Crane Estate, Ipswich

Nature Walks

Every Friday in October, 6, 13, 20, 27

All hikes meet at The Center at Punchard at 9 am and are subject to change due to weather and conditions. Any cancellations or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center, updated annually. Bring binoculars, water, and walking stick and wear sturdy shoes or hiking boots. Join us as we explore various AVIS and Conservation Trails.

TRIAD / Public Safety

TRIAD MEETING: Thursday, Oct. 12th; 10 am. TRIAD meets the 2nd Thursday of the month at 10 am.

Equifax Informational & Fraud Alert Forum

Friday, Oct 13th; 9:30 am presented by APD Officer, Robin Cataldo. FREE. RSVP

Is Your Number Up

Sunday, Oct. 22nd. As part of a local Eagle Scout Project, senior volunteers and Eagle Scout participants will be blanketing Town informing and educating residents on Andover's bylaw stating that every house in town must have a house number clearly displayed on the outside.

Free Senior Photo IDs

Friday, October 27; 9:30 am

The Center at Punchard, the Andover Police Dept. and the Essex County Sheriff's Dept. will be providing free photo IDs. The photo IDs provide seniors with a secondary form of identification. This identification does not replace a driver's license. Proof of I.D. is required for this I.D. Registration is required as space is limited. Please call The Center at Punchard to book your spot 978-623-8320.

Medication Disposal Day

Andover Police Department in conjunction with the Drug Enforcement Administration (DEA) and TRIAD will be holding a Medication Disposal Day: **Saturday October 28, 2017, 10am to 2pm, West Elementary School, 58 Beacon St., Andover** Residents are encouraged to gather expired, unused and unneeded medication and drop them off. The medication disposal is completely anonymous and free of charge for residential users. *Any questions contact Officer Cataldo at 978-475-0411 x1004* NOTE: We have a medication disposal box in the Andover Police Department lobby 24/7 along with a needle disposal box as well.

Intergenerational Programs to start in October

- Come share your story! Merrimack students enrolled in a Women's Studies course entitled "Gender and Society" are interested in interviewing seniors about their lives as part of a gender-based Oral History project. The students will be working in teams of 2-3 people interviewing seniors in the hopes of learning about the circumstances and events that transpired in her/his life and affected her/his role as a female/male in society. The students will come prepared with questions, but they are also open to exploring whatever topics or themes you're most interested in sharing. The students will be writing papers on these interviews, and copies of those papers will be provided to the interviewees (so you can see what they wrote!) They are very excited for this chance to hear your stories. Feel free to volunteer for one or BOTH classes! The class will conduct the interviews at the Senior Center on two different dates: we are looking for 8-10 volunteers for EACH date. Date for class one: 10/19: 2:00-3:15 p.m. Date for class two: 11/1, time: 11:00-12:15
- Pen Pal Program will be rolling out in October with a 4th grade group. If you are interested in being a pen pal, **please call or email Noelle.**



Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

| Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday |
|--------------------------------|-----------------------------------|------------------------|--------------------------------|--|
| 8:00 Bones, Balance, Brain | 7:00 Golf | 8:00 Strength Training | 8:00 Men/Women in Motion | 8:00 Strength Training |
| 9:00 Sunrise Singers | 8:00 Men/Women in Motion | 8:45 Strength Training | 9:00 Strengthen & Stride | 8:30 Nature Walks |
| 9:00 Woodcarving | 9:00 Strengthen and Stride | 9:00 Model Building | 9:00 Art Drop-In | 8:45 Strength Training |
| 9:00 Quilting | 10:15 Sit and Get Fit | 9:00 Art Drop-In | 9:30 Craft Group | 10:15 Sit and Get Fit |
| 10:00 Massage by Appointment | 10:30 Beginner's Yoga | 9:00 "SHOP" Group | 9:30 Townie Trips | 1:00 Fun and Games |
| 10:15 Rhythm-Aires | 1:00 Fun and Games | 9:30 Basic Tap | 1:00 Fun and Games | 1:00 ESL lessons |
| 1:00 Movie Matinee | 1:00 Social Bridge Drop-In | 10:00 Fiber Arts | 1:00 Duplicate Bridge | 2:00 Ping Pong |
| 1:00 ESL Lessons (off site) | 1:10 Tai Chi - Beginner | 10:00 Grocery Shopping | 1:10 Tai Chi - Inter.I (Sept.) | 3:00 Mindfulness Meditation |
| 3:30 BV Energize with Exercise | 2:00 Breath, Balance and Wellness | 12:45 Performance Tap | 2:15 Tai Chi—Inter.II | 6:30 Chinese American Association Activities - drop in |
| | 2:15 Line Dancing | 1:00 Knit Wits | 3:30 Energize with Exercise | |
| | 3:30 Zumba | 1:00 Fun and Games | 6:00 Reflexology | |
| | | 1:00 Yoga-Adv. Begin. | 7:15 Yoga in the Park | |
| | | 2:00 Wellness Clinic | | |
| | | 2:30 Nordic Walking | | |

Wellness Discovery

Do you ever experience loneliness? Trouble dealing with on-going aches and pains? Do you fear the future and how you will cope? **Don't Go It Alone!**



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October 2017 Calendar of Events

| MONDAY | TUESDAY | WEDS | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|
| 2 9:00 Motorcycle Ride Lunch: Chicken Pesto | 3 9:00 Flu Clinic Lunch: Stuffed Peppers | 4 Lunch: Roast Turkey | 5 9:00 Flu Clinic 1:30 Bereavement Support 5:30 Living Healthy Lunch: Chef Salad | 6 9:00 Motorcycle Ride Lunch: Fish Florentine | 7 3:00 Andover Cares Lunch: Garden Salad w/ Tuna |
| 9 Closed Columbus Day | 10 4:00 Taste of Andover Lunch: Roast Pork | 11 Lunch: Pot Roast | 12 8:30 COAB Mtg 10:00 TRIAD Mtg 1:30 Parkinson's Support 5:30 Living Healthy Lunch: Chicken a La King | 13 8:30 Friday Speaker 9:30 Equifax Breach 10:30 FRIENDS Mtg 10:30 Salem Woods Trip Lunch: Lemon Pepper Fish | 14 10:00 Fire Dept. Open House 11:00 Preventing Alzheimer's Diet Approach 3:00 Open House at Riverside Woods Lunch: Cheese Lasagna |
| 16 1:00 Fix it Shop 1:30 Computer Users' 1:30 Pain Mgmt 2:30 Matter of Balance Lunch: Beef Stroganoff | 17 Lunch: Chicken Cordon Bleu | 18 1:00 Death Café Lunch: Beef Stir Fry | 19 5:30 Living Healthy Lunch: Chicken Pot Pie | 20 Birthday Lunch 11:45 Birthday Lunch Lunch: Baked Ziti w/ Meat Sauce | 21 Lunch: Butternut Soup & Caesar Salad w/ Chicken SUNDAY, OCT 22 6 pm Crystal Ballroom Masquerade Ball |
| 23 10:00 Ask the Lawyer 10:00 No. Reading Bus Trip Lunch: American Chop Suey | 24 9:15 Brown Bag Lunch: Chicken Piccata | 25 Lunch: Turkey Pot Pie | 26 5:30 Living Healthy Lunch: Meatloaf | 27 9:30 Photo ID Lunch: Spinach Pie | 28 10:00 Drug Take Back Lunch: Low Sodium Hot Dog w/ Baked Beans |
| 30 1:00 Memory Café 1:00 Fix it Shop Lunch: Shepherd's Pie | 31 Lunch: Chicken Parm | | | | Menu Subject to Change Without Notice |

LUNCH REGISTRATION: Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet make your reservations on the touch screen in the lobby. Need help with that just ask the greeter.

When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50.

SATURDAY LUNCH REGISTRATION: MUST REGISTER 2 DAYS IN ADVANCE. MEALS ON WHEELS NOT AVAILABLE ON SATURDAYS.

The Andover Senior Community FRIENDS, Inc.



The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP CODE _____

TELEPHONE: _____ CELL PHONE: _____

EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ / Individual \$15 _____ /

Family \$30 _____ / Patron \$50 _____

Benefactor \$100 _____ Other _____

Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3

The Andover Senior Community FRIENDS upcoming meetings:

Friday, October 13 at 10:30 am

Please join us as we support so many of the **free** programs at the Center!

Website: andoverscf.org

FRIENDS Trips

The Corvettes Doo Wop Revue Wednesday, November 8th

Price: \$87 for Friends members / \$89 non members—Includes :

Transportation, Lunch, Show, Tax & Meal Gratuity

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out Doo Wop Celebration!

Michael Buble Christmas Tribute Wednesday, December 6th

Price: \$87 for Friends members / \$89 non members—Includes :

Transportation, Lunch, Show, Tax & Meal Gratuity

Meet Scott Keo, a fantastic entertainer and vocalist who has established himself as North America's #1 Michael Bublé Tribute Artist. He looks like Michael...moves like Michael....sounds like Michael....and swings like Michael -- with unbelievable accuracy, energy and crowd involvement. Scott's charm and vocal stylings have brought him to Michael Bublé's Canada for performances, at venues that didn't even know it wasn't the real deal until after the show! Keo has had the pleasure of sharing the stage with Reba McEntire, Ronnie Dunn, Kelly Clarkson, Josh Groban, Blake Shelton, David Foster, Frank Caliendo, Gloria Gainor, Gary Anthony, Donnie and Marie, Olivia Newton John, and many more. Scott Keo will have women from 15 to 85 swooning and wanting to take him "Home!"

THE CRYSTAL BALLROOM MASQUERADE BALL



Costumes Optional

presented by the Andover Senior Community FRIENDS

Sunday, October 22 from 6 PM – 10 PM

Old Town Hall • 20 Main Street • Andover

Free parking behind the Old Town Hall

For your listening and dancing pleasure, music by
D. B.'S Orchestra from 7 PM – 10 PM

Dance Instruction by Tom Webster of Dance New England
6 PM – 7 PM

Advance ticket sales \$15/pp or \$25/couple

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The Center at Punchard or The Andover Bookstore
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Advanced Registration at The Center. Checks should be made payable to ASCF. *Members of the ASCF receive a \$2 discount. Trip reservations are considered final and non-transferable. A refund will be issued only if a waiting list exists and we can fill the space.

Andover Elder Services

Council on Aging Advisory Board &
Center at Punchard Staff

commits to practicing these values:

Diversity
Innovation
Integrity
Respect
Wisdom

Values drive behaviors that result in positive actions.

*We welcome everyone to join in our commitment to those we serve
and the entire community of Andover.*

The Senior
Center at
Punchard
Growing together



"Shots for Seniors"

The Andover Health Department offers several immunizations year round for Seniors.

-Pevnar and Pneumovax 23 - protects seniors against the very serious disease of bacterial or pneumococcal pneumonia. The CDC recommends that every person 65 yrs and older receive one dose of each.

-Tdap - protects against tetanus, diphtheria and pertussis (whooping cough). CDC recommends that every adult should have one dose, especially those who may be around newborns, for example grandparents.

-Zostavax - protects against the very painful and debilitating disease of shingles. One dose is recommended for adults over the age of 60 yrs.

Insurance will be billed for the vaccines. If insurance does not cover the vaccine, the charge is \$15 with the remainder of the cost covered by a grant from the Andover Home for Aged People.

Call the Health Department for an appointment with the Public Health Nurse or for more information. 978-623-8640.

SAVE THE DATE – 2017 Flu Clinics

Two "High Dose" Flu clinics have been scheduled for residents aged 65 and older on Tuesday **October 3rd** and Thursday **October 5th**. The clinics will be held at the Cormier Youth Center from 9:00am – 12 noon. By Appointment ONLY. Appointments can be made after September 1st by calling the Health Department at 978-623-8640 during office hours (8:00am to 3:00pm.)

The Community Flu Clinic for residents 3yrs and older will be held on Tuesday, November 7th, from 4 pm- 7pm at the Center at Punchard. Both High Dose and Quadrivalent vaccine will be offered. There will be no Flumist available this season. No appointment necessary.

Billing and consent forms should be available after September 1st. They can be picked up at the Health Division, Library, Center at Punchard, and the Town offices or by logging into www.andoverma.gov/health to download them. Remember to bring your insurance cards with you to the clinic.



Saturday, October 14 from 1 - 3 pm

Annmary will be here... Stop by! Say Hi !

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Saturday, Oct. 14
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by Charles Wang

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on Saturday, Sept. 16**



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Saturday, October 14, 2017
10:00 am – 1:00 pm
32 North Main Street

ACTIVITIES:

**Kids
Activities**

Fire Awareness Safety Trailer

TRIAD

Pizza

Police Department

Demonstrations

Fire Prevention Information

Department of Public Health

Glucose Screenings

Blood Pressure Screenings

Have fun &
Learn about
Fire Safety!

Exhibits



THE ANDOVER CARES COMMUNITY FESTIVAL

Sat, October 7th, 3-9 PM COLUMBUS DAY WEEKEND

The Andover Community is joining together to support Substance Abuse Intervention, Education, and Wellness

Connect with great resources and information about nutrition, fitness, health and wellness, preventing substance abuse, addiction treatment, family support services-AND see some great entertainment!

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